

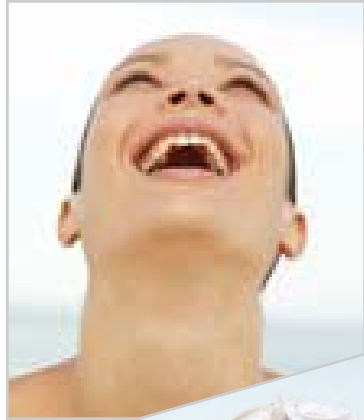
WINGS

Widows In Great Spirits

Are You a Widow . . .
beyond the initial grief stages (2+ years)
and ready to transition? If so, please join our
WINGS group. A place to find new friendships,
explore new directions and laugh
and learn together.

This month . . .
Take Your
Life Back!
Thru Wellness

presented by
Jan Grayzel
Health Consultant &
Certified Personal
Trainer



Topics

- * Nutrition
- * Exercise
- * Superfoods
- * How to use light exercise equipment

*Healthy Refreshments
Will be Served*

March 28 * 2 - 4 pm

Metuchen Library Community Room
480 Middlesex Ave. (Rte. 27), Metuchen NJ
Across the street from the YMCA Corporate Offices
Near St. Francis Cathedral Church

Join us in taking back our lives !
please RSVP to Nancy Juman
@ 732-549-7622



This grassroots effort created by
Nancy Jones & Nancy Juman is supported by
the Metuchen Edison Woodbridge YMCA.

